

Pro Bowl:  
NFL players visit  
with wounded  
warriors

See p. B-1.



MRT class  
certifies  
trainers

Story and photo by  
**SGT. MATTHEW RYAN**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Every seat in the classroom was filled; everyone was listening intently to the personal experience unfolding from the instructor, as the students learned how to mitigate risks and develop more resilient Soldiers and families.

Recently, more than 100 Soldiers and Army civilians were certified as master resilience trainers (MRTs), here.

The two-week MRT course is part of the Comprehensive Soldier and Family Fitness (CSF2) program, which is designed to address the challenges with multiple deployment and provide preventive measures and skills to help Soldiers, families and civilians better cope with adversity and bounce back stronger. The course focuses on the 14 skills to develop six competencies to foster individual resilience and raise performance.

Competencies

The six resilience competencies outlined by the program follow:

- self-awareness,
- self-regulation,
- optimism,
- mental agility,
- strengths of character and
- connection.

These are the building blocks of improving resilience within oneself.

Comprehensive Soldier and Family Fitness 2

For more information about the CSF2 program, visit <http://csf2.army.mil>.

“The 14 skills are based to enhance and build on the six competences of the program,” said Katie Copeskey, lead MRT-performance expert at the CSF2 Training Center. “The training equips people with the various tools to enable resilience, and then they become responsible for teaching those skills and techniques to their units.”

“The training makes you turn yourself inside out, and learn more about yourself, and how to work on yourself and become more effective and helpful to others,” said Ferne Conrow, Schofield Army Community Service.

The first week is learning the program’s skills and techniques. The class broke into smaller groups to incorporate the training into real-life scenarios to better understand how people think and act during stressful situations. The scenarios are based on experiences that students and instructors bring to the classroom, allowing for the students to reflect on what happened and how to change their process of thinking, to help control their reactions to situations.

“I found out this morning that my close family member died, and if I had not had this training, I would have responded differently. It would have been much harder for me to handle the death, but I learned to look for the good stuff in the negative, which is one of the skills taught,” said Conrow. “The training helps you break the problem down and (shows) how to move on. I know that I am stronger because of this

See MRT A-4

Tropic Lightning masters fitness

Story and photo by  
**STAFF SGT. SEAN EVERETTE**  
2nd Stryker Brigade Combat Team  
Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from units throughout the 25th Infantry Division have spent the past few weeks learning everything they can about fitness and the science behind it from the Master Fitness Trainer (MFT) mobile training team (MTT), here, from Fort Jackson, S.C.

The MTT is just one of the many ways that Lightning Strong is building more resilient Soldiers within the division.

Sgt. Maj. Francis Citizen, senior enlisted leader, 25th ID Fires, and lead on the physical aspects of Lightning Strong, said the initiative is something Maj. Gen. Kurt Fuller, commander, 25th ID, wanted to do to help Soldiers in the division effectively transition from being in an Army at war to being a mostly garrison force.

“We’re trying to get Soldiers back in the mentality of ‘we’re back in garrison, and these are things we do to get back to the basics in our division,’” said Citizen.

Bringing the MFT MTT here to train noncommissioned and junior officers in all aspects of physical training and taking care of the body was the easiest way to make sure the force was following the relatively new guidelines set forth in Field Manual 7-22, Army Physical Readiness Training (PRT).

“To bring the MTT to Hawaii is more cost effective than having 50 Soldiers go from Hawaii to Fort Jackson. It saves the Army a lot of money,” said Capt. Todd Jones, MFT team lead. “Additionally, a lot of Soldiers aren’t familiar with PRT, so by training the NCOs and junior officers, it develops that baseline that allows them to go back and brief their superiors on what right looks like.”



One of the things the MFT stresses is using this training to avert injuries.

“You shouldn’t get hurt training to do your job as a Soldier,” said Tyler Henry, the MFT civilian lead instructor. “We’re trying to train to be effective, trying to improve physical readiness and prevent injuries.”

“All of the movements we teach are functional,” said Jones. “They create a solid core and a solid foundation to help reduce injuries. If you follow the guidelines in FM 7-22 and train endurance/mobility one day, and strength and conditioning another day, you never get that over-training that you see in some advanced fitness trends and workouts.”

This class is the first one taught by the MFT MTT. The team is here until April, teaching two more classes after this one graduates Jan. 31.

**Devan Icsman-Wethington, MFT instructor, explains the proper foot position for the side bridge exercise of “Four for the Core” to Staff Sgt. Aiyana Watson, medic, Tripler Army Medical Center.** (Photo has been altered from its original form; background elements have been removed.)

*(Editor’s note: MTTs provide flexibility for the requesting unit so that units can maximize attendance and minimize travel and per diem costs.)*

19th MPs welcome home four of their own

Story and photos by  
**SARAH PACHECO**  
Staff Writer

HONOLULU — The handmade signs and beaming smiles were a welcome sight for the Soldiers as they emerged from Gate 9B at the Honolulu International Airport, here, Jan. 17.

Though they only were four in number, the returning Soldiers from the 19th Military Police Battalion (Criminal Investigation Division), a component of the 6th MP Group, were greeted with impassioned fanfare by not only their families, but also friends and colleagues from their battalion.

“Unless you’re deploying with an entire unit, you



**Chief Warrant Officer 3 Steven Geniuk, forensic science officer, 19th MP Bn. (CID), receives a warm welcome from son Quentin, 12; daughter Sophia, 8; and wife Natalie during a redeployment ceremony at the Honolulu International Airport, Jan. 17.**

usually don’t get a huge reception to welcome you back, but just because there was only four of them, we didn’t want to make them feel like they were any less significant,” said Lt. Col. Larry Dewey, commander, 19th MP Bn. (CID).

“It’s a smaller unit of only about 40-60 people, so it’s a lot easier to come together and be there for everyone, especially the people returning and the families that are having their spouses and fathers return,” explained Spc. Dorothy Sisler, a human intelligence collector with the 205th Military Intelligence Battalion, 500th MI Brigade, who spent six months tasked out as an intelligence analyst with the 19th MPs.

“It’s always exciting knowing that the people who you saw leave are coming back safe and without injury,” Sisler said, “especially the Soldiers who left their families here, seeing them reunited by far. There aren’t enough words to explain the emotion that goes into that.”

Sgt. Joseph Chesla, Chief Warrant Officer 3 Steven Geniuk, Sgt. David Stuart and Spc. Jahtavia Win-



ston departed for train-up in March 2013 and a month later deployed to Afghanistan, where they served “everywhere, from Bagram to Kabul to Kandahar,” conducting felony-level criminal investigations, to include war crimes, sexual assaults, homicide, fraudulent larcenies and protective service missions for distinguished visitors.

See CID A-4

FMWR director receives IMCOM’s illustrious Stalwart Award

Story and photo by  
**SARAH PACHECO**  
Staff Writer

SCHOFIELD BARRACKS — The ballroom at the Nehelani, here, was filled with a crowd of who’s who among the U.S. Army Hawaii community, Jan. 15.

In attendance included Debra Zedalis, region director, U.S. Army Installation Management Command-Pacific; Maj. Gen. Kurt Fuller, senior commander, U.S. Army-Hawaii, and commander, 25th Infantry Division; and the entire U.S. Army Garrison-Hawaii command team.

But the guest of honor that day was a man who works behind the scenes, one who often can be found on the sidelines or amid the crowds of revelers at popular community gatherings.

Michael Amarosa, director of USAG-HI’s Directorate of Family and Morale, Welfare and Recreation, accepted the 2012-13 IMCOM Stalwart Award — marking the third time in the past five years a member of USAG-HI has received this high honor.

“I’m very humbled for even being nominated for the award, let alone actually receiving it,” said Amarosa. “No good leader is going to win any award



**Michael Amarosa (second from left), director, DFMWR, USAG-HI, accepts the 2012-13 Stalwart Award from (from left) Maj. Gen. Kurt Fuller, senior commander, USAG-HI and commander, 25th ID; Debra Zedalis, region director, IMCOM-Pacific; and Col. Daniel Whitney, commander, USAG-HI, during a ceremony at the Nehelani, Jan. 15.**

See STALWART A-6





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Police Call

Parents must supervise children outdoors, too

**COL. MARK JACKSON**  
Director, Emergency Services,  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

The Directorate of Emergency Services has seen a number of incidents involving unattended children on post. According to Section 8(r) of Policy Memo Installation 1 (Discipline, Law, and Order), parents are responsible for controlling and supervising their children at all times.

This responsibility includes ensuring children obey all applicable traffic laws and practice common sense safety precautions. Children should not play in the middle of the street where they may potentially be involved in a traffic accident. Additionally, DES reminds readers that, according to Hawaii State Law, all children under the age of 16 are required to wear properly fitted and fastened helmets when riding a bicycle.

The U.S. Army Garrison-Hawaii Child Supervision Policy is effective year-

round. Children under the age of 10 must be supervised at all times by a parent or a certified baby-sitter, even in their home of residence.

USAG-HI policy requires baby-sitters to be at least 12 years old and to undergo baby-sitting training at Child, Youth and School Services. No child under the age of 16 may be left unsupervised overnight (between 1-5 a.m.). However, juveniles between the ages of 10 and 16 may be left alone for several hours, so long as they have ready access to adult supervision (four hours for 10-11 year olds, six hours for 12-13 year olds, and eight hours for 14-15 year olds).

Juveniles over the age of 16 may be left unsupervised for up to 48 hours.

Service members who fail to control



Jackson

and supervise their children are also subject to punitive actions under the Uniform Code of Military Justice. For specific details on the Child Supervision Policy and guidance on certified baby-sitters, please refer to USAG-HI Policy Memo #34, available on the USAG-HI Garrison website (www.garrison.hawaii.army.mil/command/documents.htm).

The following are excerpts of actual MP blotter entries from U. S. Army Garrison-Hawaii. Subjects are innocent until proven guilty.

Traffic Accident Resulting in Personal Injury

•Dec. 30, 2013, a 911 dispatcher notified the Fort Shafter Police Station of a traffic accident with injuries that occurred on Skyview Loop in Aliamanu Military Reservation. Investigating MPs found that a female civilian driving a pickup truck struck a 9-year-old boy and an 11-year-old girl who were playing with chalk in the middle of the

road. The girl was struck by the right tire, causing small red marks on her back. The boy was run over by the front and rear tires, and suffered multiple injuries that required immediate transport to Queen's Medical Center.

Initial investigations revealed the parents of both children were not in immediate view when the accident occurred. Investigation continues by the Honolulu Police Department.

Unattended Child

•Dec. 6, 2013, a caller notified the Schofield Barracks Police Station of unattended children in the Patriot Park Housing Area. Investigating MPs found two brothers, ages 5 and 6, who had been left unattended in a playground. The 5 year old had found a can of white spray paint and proceeded to spray a light pole.

The mother was issued one DD Form 1408 for unattended children and released on scene.

BRIDGING THE BASICS

715th MI 'bridges the basics' on a daily basis

**SGT. JOSHUA LANZET**  
715th Military Intelligence Battalion  
500th MI Brigade

The 715th Military Intelligence Battalion, 500th MI Brigade, differs from many other units throughout the Army.

We support and maintain real-world missions, 24/7, 365 days.

The Soldiers who comprise the 715th stare down our nation's potential adversaries on a daily basis. In our battle space, the foes are never at rest and neither are we.

One would think the demands of tracking the nation's strategic-level adversaries would degrade our training. However, by establishing a system of proactive programs and empowering junior leaders, the exemplary professional standards to which we hold ourselves are sustainable.



Lanzet

The 715th has always worked a 24/7, 365 mission and will continue to do so for the foreseeable future. Combine that challenging shift work schedule with a firm reliance on modern technology, and you can easily get a recipe for the diminishing of basic Soldiering skills, professionalism, morale, training and mission-readiness.

What we have learned is that the proper application of tried and true leadership techniques, modified for our present situation, can be a recipe for success. For example, our battalion maintains an excellent noncommissioned officer education system graduation rate, and our Soldiers consistently comprise a sizeable portion of the commandant's list at Warrior Leadership Course (WLC). These results can be attributed to our focused approach to training Soldiers prior to attending WLC.

Despite our strategic mission, we recognize the importance that tactical competence plays in the Army, so we come together to work on individual and collective skills throughout the year during battalion training days.

Furthermore, all Soldiers from the

battalion are required to go through a weeklong Warrior Development Course (WDC) about six months prior to their WLC class start date; most complete it a week or two prior to their start date. Graduates of WLC then volunteer to teach WDC classes to ensure the other junior leaders are fully prepared.

The motivation and dedication that WLC graduates provide to future graduates is one of the ways this unit has identified how to execute the bridging of the basics. Motivated trainers create motivated Soldiers, Soldiers who earned distinction train Soldiers to earn distinction, and all the Soldiers go to WLC better prepared.

WLC is not the only training facet the unit excels in. Large portions of our ranks are comprised of cryptologic linguist Soldiers. Army linguists require a unique training environment; despite the near 2.5 years of initial training for certain languages — like Arabic, Chinese and Korean, their language skills can quickly atrophy. Knowing this, the 715th established a robust language mentorship program using cutting-

edge technologies, workflow management tools and annual, internal language training in preparation for annual testing.

Direct face-to-face interaction of users and mentors has truly enabled our Linguist Corps to maintain and excel in language proficiency.

These are two prime examples of how the 715th uses and incorporates to demonstrate our commitment to professionalism, knowledge management, field craft and, most importantly, to one another.

It is of note that neither of the above programs are executed by senior leadership; instead, they provide the purpose, motivation and direction and then empower junior leaders to take the lead in enforcing standards. Junior leaders' commitment to training ensures that Soldiers are equipped to handle the constant stress of performing our real-world mission every day.

That is how the tradition of excellence is being passed down in our unit, a case study of how the Army can shape itself as a whole to guarantee continued success.

FOOTSTEPS in FAITH

Confidence brings strength

**CHAPLAIN (LT. COL.) DON EUBANK**  
Deputy Garrison Chaplain  
U.S. Army Garrison-Hawaii

We live in a world filled with beauty and wonder, adventure and laughter... but also, too often filled with difficulty, fear, danger and pain.

Courage is the quality of spirit that enables one to face danger, pain, difficulty or fear with confidence.

We can have confidence — not based only on our own ability to manage life, but based on the faithfulness of God.

Confidence is from the Latin words *con* and *fide*, which mean "with faith." The best source of confidence rests in the strength and goodness of God.

Living a life of courage is not about striving to become something or someone else. It is resting by faith in the God who says, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight" (Proverbs 3:5-8).

The secret is that you and I can't do everything. We can't. But God can.

God in you can. He is the secret.

There is nothing that makes God tremble. Today is a great day to trust

God and his Word for the good things he has promised.

What would that look like? What would trusting God feel like? I imagine a peace that passes understanding.

It's the ability to go to God in prayer, and not let fear take over my thought processes. This trust is the confidence available to us as we put our life in the hands of a power greater than self.

Who do you trust? In whom or what is your confidence? If you have trouble accepting help from others and insist on handling things alone, chances are you will resist the idea of help from God or a higher power in your life.

One of the best decisions I've made in my life is to surround myself in a weekly small group with trusted spiritual friends who have experience and wisdom. When life gets tough, our friends are like anchors for ships at sea!

And God is the best friend of all.



Eubank

2nd Louie By Bob Rosenburgh



We want to hear from you.

Interested in submitting an article or photo to the Hawaii Army Weekly? Send submissions to editor@hawaiiarmyweekly.com and visit www.hawaiiarmyweekly.com for more information regarding our editorial policy.



Voices of Ohana



"Burgers, hot dogs, steaks, wings — straight on barbecue."

**Sgt. Jeffrey Alejandro**  
Signal support,  
19th MP Bn. (CID)



"Lay's barbecue chips."

**Chief Warrant Officer 2 Orin Cloninger**  
Helicopter pilot,  
2-6th Cav. Regt.,  
25th CAB, 25th ID



"Lay's original potato chips."

**1st Lt. Carlos Cortez**  
Signal officer,  
19th MP Bn. (CID)



"Buffalo wings."

**Spc. Elias Olayo**  
Human resource specialist,  
19th MP Bn. (CID)



"Nachos, popcorn, chips, hot dogs, beer and fruit."

**Spc. Alvin Sa**  
Supply clerk,  
2-6th Cav. Regt.,  
25th CAB, 25th ID

The 2014 Pro Bowl is Jan. 26, and Super Bowl XLVIII is Feb. 2. "What is your favorite game-day snack?"

Photos by U.S. Army Garrison-Hawaii Public Affairs.



# ‘Design’ aligns Reserve with USARPAC’s rebalance

Story and photo by  
**CAPT. LIANA KIM**  
9th Mission Support Command Public Affairs

FORT SHAFTER — The room temperature rose as those inside grappled with objective answers to complex questions and to finding meaningful and tangible ways with which to change processes long in place, many of which they had helped establish.

Key leaders and primary staff members of the 9th Mission Support Command gathered to brainstorm and revise the command’s Strategic Campaign Plan during a strategy development workshop, here, Jan. 13-16.

“When we are forced to address mental problems that are challenging or uncomfortable, emotions and adrenaline come into play and cause the body temperature to rise, which in turn causes the space in which we are working to rise,” said retired Col. Dan Roper, one of two workshop facilitators with Dynamic Planning & Response (DP&R). “This is one of many indicators that collective and cognitive work is being achieved by a group of individuals, with the common goal of creating positive change for their organization.”

A key waypoint was the Design and Strategy Workshop in the 9th MSC’s efforts to accelerate its implementation of the command’s strategy for

transformation of U.S. Army Reserve capabilities across the U.S. Pacific Command area of responsibility.

“I am glad to see you all thinking, about thinking,” said Brig. Gen. John

Cardwell, commander, 9th MSC, referring to the method of learning how to think and ask questions to clarify requirements in order to meet a desired end state, a skill that is counter-intuitive in the Military Decision Making Process (MDMP) culture Army leaders are accustomed to.

Cardwell established a small group of leaders to assist in analysis, synthesis and evaluation of the command’s systems and programs in order to provide innovation and solutions to a complex set of problems. He said that Design is “cognitive gunnery” for leaders, and their efforts to fulfill this additional duty will result in an

improved and more relevant Reserve Command.

“The five spaces of the Design framework — environment, problem, solution, assessment and adaptation — serve as tools to ensure the 9th MSC’s structure is not just correct, but optimal or dynamic, able to change with its environment,” said co-facilitator, retired Col. Chels Chae, DP&R’s chief executive officer.

“According to Sun Tzu’s ‘The Art of War,’ ‘Strategy without tactics is the slowest route to victory, while tactics without strategy is the noise before defeat.’ If we apply this concept to our campaign strategy, our lines of effort are roughly equivalent to tactics,” said Roper. “In other words, our Soldiers must do their job well for us to succeed; yet, if we do not have a clear set of core mission sets focused upon the unique contribution that our higher headquarters requires from us, then we may become irrelevant even if we execute flawlessly.”

Col. Crag Ono, 9th MSC chief of staff, reinforced Roper’s point by saying, “We are being asked, ‘Why are we, the command headquarters for Army Reserve forces in the Pacific, actually here. What are our specific mission sets and requirements? Are they relevant to today’s environment? Do we have the right assets and people, and are they in the right places?’”



**Col. Lorie Javier (left) and Maj. Raja Kolli, both of the 9th MSC, discuss the “problem space” chart during the strategy development workshop. Participants were challenged to connect the conceptual planning of design thinking with the detailed planning required in strategy implementation.** (Photo has been altered from its original form; background elements have been removed.)

# Downsized Army troop levels could drop to 420,000 by 2019

Story and photo by  
**J.D. LEIPOLD**  
Army News Service

WASHINGTON — In his own words, the G-8 reiterated what the secretary of the Army and chief of staff have both said about downsizing Soldier levels to under 450,000 — “even at 450, it’s a high risk for the mission sets and mission tasks that have been given to us.”

Presently, the Army has about 564,000 Soldiers on active duty, but that number has been mandated to come down to 490,000 by 2015.

“We’re on a glide path, and the monies are laid out to give us a 420,000 Army by 2019,” said Lt. Gen. James Barclay III, the Army’s deputy chief of staff, programs. “That doesn’t mean we’re set on going to 420. We’ve got some decision points built in, coming into the ‘16, ‘17 time-frame, so we’re taking a hard look at what is the right set.”

What leadership is looking at with regard to manning is how the Army will look across the force — from the brigade combat teams, enablers, the engineer forces, reconnaissance and

clearance forces, and how the mix is worked, Barclay said. He added BCTs will come down to 32 made up of three battalions.

Addressing the Army’s overall shape at the Association of the U.S. Army’s Aviation Symposium & Exposition, Jan. 15, in Arlington, Va., Barclay didn’t specifically focus on the Army aviation community, but rather on what he called the three-legged stool of readiness, modernization and force structure.

“The bottom line of all this is that over the next five years, the Army is going to have a significant challenge to be able to balance our end strength, our modernization, and then maintain the readiness of the force we keep,” he said. “With the challenges we’re facing today, it’s going to take an innovative approach to how we’re solving the problems and issues.”

On the readiness side, Barclay said there was a fear of returning to tiered readiness. It’s something leadership does not want to do as an Army because it would create an Army of “haves” and “have nots.” The goal, he said, was to have an Army that can be flexible and adaptive, and can

be backed up by pushing resources very quickly and be ready to do mission sets.

“On the modernization side, 2014-2019, we’re looking at incremental improvements across different systems and programs and how we’re going to invest in science and technology (S&T) and get after the joint military role,” he said, noting the Army didn’t take as large a whack in S&T programs as the Navy and Air Force.

Barclay also said as the Army works through the issues and challenges ahead, it also has to look at the joint nature of a smaller overall force and take into account what’s happening as the other services are also facing cuts.

“If you take a Navy carrier group out, and you take a lot of cruisers and destroyers out, all of a sudden they don’t need as many Seahawks,” he said. “That has an impact on the Army’s program.”

The SH-60 Seahawk is the Navy version of the UH-60 Black Hawk.

“Same thing with the JLTV, the joint light tactical vehicle, which is an Army and Marine vehicle,” he said. “It can’t be an Army discussion by



**ARLINGTON, Va. — Lt. Gen. James Barclay III, Army G-8, addresses attendees at the AUSA Aviation Symposium & Exposition, Jan 15. Barclay didn't focus specifically on the aviation branch, but spoke about readiness, modernization and force structure into the future.**

ourselves. We have to ensure we include the other services for those programs that impact each service, and we have to make sure we protect programs that we need.”



# Civs celebrate 100-plus years of service

Story and photos by  
**STAFF SGT. GAELN LOWERS**  
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The 8th Theater Sustainment Command recognized two Department of the Army civil service employees, here, for their combined 103 years of service with the military. Retired Army Command Sgt. Maj. Wiliiam Fortner and retired Air Force Senior Master Sgt. Norman Wong of 8th TSC’s Support Operations Munitions Branch were each honored with the 50 year civilian time in service award in a ceremony at the Hale Ikena, Jan. 16.

Fortner, who currently serves as the Army representative for the demilitarization of munitions for the Pacific theater, retired after 30 years of active duty service. He enlisted in Princeton, Ind., in 1956 with a group of his friends. “I love to travel and meet new, interesting people,” Fortner said. “I’ve had some good assignments, and the pay was right. It was a good solid job.” Wong, an Oahu native, is currently the supervisor of inventory management. He enlisted in the Air Force after high school in 1962 right into the Vietnam War. “You spend your entire adult life doing something. It just seems right to give back to the military that has given so much to me and my family,” Wong said.



**Retired Air Force Senior Master Sgt. Norman Wong (left) and retired Army Command Sgt. Maj. William Fortner (right) are each presented with Civilian Time-in-Service Awards by Maj. Gen. Stephen Lyons, commander, 8th TSC, for 58 and 45 years of service to the United States, respectively, during a ceremony at the Hale Ikena, Jan. 16.**



Both men were deeply honored and humbled by the award, adding that they love their country and will continue working for it for as long as they are able to. Maj. Gen. Stephen Lyons, commander, 8th TSC, presented the awards and joked that the two couldn’t let one outdo the other. Lyons said that each man’s resume was very impressive and

that the work they accomplished during their time with the 8th TSC was a testament to their dedication to the unit, the military and the country. “It was an honor to pause and honor both of these men,” Lyons said. “You have both served your nation with extraordinary distinction, and we’re proud to have you both on the team.”

# MRT: ‘Life-changing’ training emphasizes positive emotions

CONTINUED FROM A-1

training.” A skill taught during the class is the Activating Events, Thoughts and Consequences module, teaching how to identify one’s thoughts about an “activating event” and the consequences of those thoughts. It is one of the main skills that tie in with the other 13 skills taught. “One of the best things about this course was the module of ‘Hunt the Good Stuff,’” said Staff Sgt. Cory Walter, scout section leader, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division. “We always tend to be negative when something bad happens, but learning how to focus on the good stuff that happens everyday helps to balance the negativity and create a positive emotion or feeling about yourself.” “MRT changed my life 10 years ago, and this class has given me the skills to do this for other people,” said Capt. Scott Julich, commander, Company C, 209th Aviation Support Battalion, 25th Com-



**Soldiers and DOD civilians study to be MRTs during the two-week certification course, Jan. 14. The course is part of the CSF2 program, designed to address the challenges with multiple deployments and provide preventive measures and skills to help Soldiers, families and Army civilians better cope with adversity and bounce back stronger from these challenges.**

bat Aviation Bde., 25th ID. The program’s goal is to have a certified MRT at the company level so that the full impact of this

training reaches all Soldiers, said Maj. Christopher Haynes, installation program manager, Headquarters and Headquarters Bn., 25th ID.

# CID: 19th returns from downrange

CONTINUED FROM A-1

“The entire battalion was deployed up until last May on the same mission that they’re coming back from, so the few folks who are coming back today were augmenting another battalion that replaced the main body of our battalion last year,” said Dewey. After nearly 70 hours of travel, including a one-day flight delay from Manas, Kyrgyzstan, and a layover in Baltimore the night before, the walk through the airport terminal to baggage claim, where even more Soldiers and friends awaited the MPs’ arrival, signaled the happy conclusion to a nine-month deployment overseas. “It’s a good day, a great day,” said Natalie Geniuk when asked about having her husband back. “We’re just looking forward to spending time together, just being together. It’s a great day, and we’re most definitely ready to have him home.”

“It doesn’t feel real, yet,” agreed Amber Chesla. “It was hard at first, but we got through it. I know he really wants to go to the beach, so we’ll probably do that, and just cling to them (daughters Kadence, 3, and Keelyn, 18 months). That’s about it. I’m just excited that he’s going to be home.” The final stop of the homecoming was at the USO, where the returning Soldiers received a quick debriefing, followed by a ceremonial cake-cutting by 12-year-old Quentin Geniuk. “This is the third time we’ve gone through these long deployments, so the family’s almost used to it and handled it very well,” said Chief Warrant Officer 3 Geniuk. “I was only here (stationed in Hawaii) for about six months before we left, so I got to get back out to the beach with the kids; both of them (Geniuk also has a daughter, Sophia, 8) like to get up on the surfboard and have me help them,” he said. “Just spend time on the beach, get out on the golf course a bit, get some good garlic shrimp on the North Shore, see what the winter waves look like — just all the stuff on the island. I’ve got a big list of stuff. (I’m) just trying to pace it though and not do everything the first week I’m home.”



# Honoring Martin Luther King Jr. more than a dream

Story and photo by  
**STAFF SGT. KYLE RICHARDSON**  
U.S. Army-Pacific Public Affairs

SCHOFIELD BARRACKS — While most Soldiers prepared for an early weekend, some took the time to reflect upon the Dr. Martin Luther King Jr. observance at Sgt. Smith Theater, here, Jan. 16.

The participating Soldiers embraced the “One Team” spirit at an observance and volunteer fair honoring the life and accomplishments of King.

The MLK observance was meant to honor King and allow those in attendance to reflect on the many ways they can live up to his dream.

Gen. Vincent Brooks, commander, U.S. Army-Pacific, was the guest speaker. Brooks challenged the audience with the words of King to “commit ourselves to the cause of another.” Brooks recognized that most Soldiers commit themselves to something larger every day, and he encouraged them to continue supporting the community and living the Army values.

Before Brooks stepped off the stage, he reminded everyone of the holiday’s recurring theme, “A day on, not a day off,” encouraging everyone to make a difference.

King dedicated his life to equal rights.

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity,” King said.



**Maj. Gabriella McKinney of 94th Army Air and Missile Defense Command performs a praise dance during the Dr. Martin Luther King Jr. holiday observance, hosted by the USARPAC EO team at Schofield’s Sgt. Smith Theater. Gen. Vincent Brooks, commander, USARPAC, was the guest speaker for the event; he challenged everyone in attendance to make a difference.**

Fifty-one years ago, King delivered his inspirational “I Have a Dream” speech at the base of the Lincoln Memorial in Washington D.C.

“It feels great to participate in this observance,” said Sgt. 1st Class Dawn Ramos, ceremony coordinator, Headquarters and Headquarters Battalion, USARPAC. “The Martin Luther King Day holiday is all about volunteerism and giving back to the community. As Soldiers, a lot of us are given unique opportunities to volunteer. I feel like

I’m bridging a gap between the military and the community.”

“It’s truly an honor and a blessing helping out others. Whether it’s helping Soldiers to stay in shape with (physical readiness training), building homes or mentoring those going through Junior Reserves Officers Training Corps, it’s just awesome to give up a little bit of your time to give back to the community,” said Sgt. 1st Class Craig Prouty, 3rd Squadron, 4th Cavalry Regi-

ment, 3rd Brigade Combat Team, 25th Infantry Division. “You just can’t beat the feeling you get when you’re helping someone to improve.”

As Brooks pointed out, Soldiers have special abilities and talents allowing them to give more to those around them.

“Like Dr. Martin Luther King would have wanted us to, I’m grateful that I’m able to help people daily,” said Command Sgt. Maj. James Jackson, senior enlisted leader, 45th Special Troops Battalion, 45th Sustainment Brigade, 8th Theater Sustainment Command. “It’s a great feeling to be able to help individuals through ... trials.”

During the observance, Sgt. 1st Class Eric Driscoll, equal opportunity advisor, Pacific Region Medical Command, received the President’s Call to Service Award for serving more than 4,000 hours of volunteer hours throughout his lifetime, and Spc. Shakita McDonald, Human Resource specialist, 18th MEDCOM, received the bronze award for serving more than 100 hours throughout the year.

In memory of King, a volunteer fair was hosted at the event to give participants a chance to connect with community.

“Living by the example set by Dr. King makes me want to help in the community,” said Ramos. “I’m going to continue to do what I can to bridge my military family with my family in the community. Volunteering our time is one of the best ways we can do that.”

## 94th AAMDC focuses breakfast on Dr. MLK

Story and photo by  
**SGT. 1ST CLASS KARRY JAMES**  
94th Army Air and Missile Defense Command  
Public Affairs

FORT SHAFTER — The 94th Army Air and Missile Defense Command hosted a prayer breakfast for its Soldiers, Jan. 15, at the Hale Ikena, here.

The audience was treated to a wide selection of breakfast foods as several activities took place during the event, themed “Take-a-ways from Dr. Martin Luther King Jr.”

Chaplain (Col.) Ken Revell, 94th AAMDC, and guest speaker for the prayer breakfast, captured the attention of the audience once it was seated with meals by playing a full video version of King’s famous “I Have a Dream” speech.

Revell said that the theme fit perfectly with the Army’s campaign for building strong resilient families and Soldiers.

“I believe that King had a huge impact upon

this century,” said Revell. “I would say that probably King was one of the greatest leaders in a very complex and controversial movement during the 1960s that lifted people’s hopes in terms of dignity that God has for all of us.”

“Don’t give up. That is really the message I think that is conveyed here,” said Col. William Stacey, deputy commander, 94th AAMDC. “It’s really good to think about how we can use Dr. King’s message that’s all about perseverance as we start off the new year.”

Prayer breakfasts are a part of the unit’s Command Master Religious Program. The 94th AAMDC conducts the event quarterly with the next one tentatively scheduled for April.

“Prayer breakfasts are probably as old as the U.S. Army is,” said Revell. “It’s really designed to lift the spirits and to build resiliency.”

Master Sgt. Q.P. Bean, communications section, 94th AAMDC, said, “I think the Soldiers really deserve an event like this. ... I can tell it makes

a difference in morale.”

The prayer breakfast also featured readings from the Old and New Testament and the singing of a few uplifting songs, including a special solo by Lynette Harris, media director, Aliamanu Military Reservation chapel.

“I am glad I was asked to be involved in the program,” said Harris. “It was an honor to be able to get involved, especially since Dr. King is one of the people that I most admire, and his life has been an inspiration to me and many others to live a better life.”

Staff Sgt. Lehua Johnson, Supply, 94th AAMDC, who has attended several prayer breakfasts in her Army career, said that Harris’ solo of “Encourage Yourself” by famous gospel singer Donna Lawrence, gave her chills.

“I felt like this setting was more intimate and more enjoyable.” Johnson said. “You get to engage in more fellowship, singing and learning, and you’re still able to hear a good speech.”



**Lynette Harris, media director, AMR chapel, sings "Lift Every Voice and Sing" at the 94th AAMDC's quarterly prayer breakfast at Fort Shafter's Hale Ikena.**



# Stalwart: Positive attitude contributes to mission

CONTINUED FROM A-1

without the support and the drive of the folks who actually support him in the field, here, taking care of this great community.”

“This (award) is a testament to not only Michael’s leadership ability, but also the outstanding contributions and performance by his directorate and his teammates within the directorate,” added Col. Daniel Whitney, commander, USAG-HI, who had accepted the award on Amarosa’s behalf at the 2013 IMCOM Garrison Commanders and Command Sergeants Major Conference, held near Joint Base San Antonio, Dec. 12.

“You don’t win awards simply by yourself, especially on the magnitude of the Stalwart,” Whitney said. “It’s a team effort, and Michael has set the direction, and his leadership style has set the conditions for FMWR to perform at a much higher level compared to other programs in the region.”

Formerly the chief operating officer for FMWR at Fort Bragg, Amarosa joined the USAG-HI ohana in November 2011. Within a month of his arrival, FMWR received an overall operational decrement in funding expenditures to programs servicing the well-being and recreation of Soldiers and families.

Amarosa immediately assembled a high-performing team to develop strategies to reach the budget decrements while still providing outstanding quality of life programs. Not only was this strategy beneficial for individual team members, it also proved to be extremely valuable in diversifying the workforce and creating synergy among all divisions in the directorate.

The strategies deployed proved extremely valuable and became a model

for others to follow, to include support from IMCOM-Pacific Region.

Following a visit from Lt. Gen Michael Ferriter, commander, IMCOM, the methodology and strategies used to gain the efficiencies were briefed as a “best practice” at the 3- and 4-star conferences. One main strategy was to shift operational culture to focus on performance and service delivery recognizing cost, vice a



Courtesy photo

**DFMWR director Michael Amarosa congratulates a young soccer player during a recent sports event.** (Photo has been altered from its original form; background elements have been removed.)

purely budgetary culture.

“The model elements, in conjunction with the input from our region staff, local staff, guests and, most importantly, commanders, are really what catapulted us to be able to do what we were able to do,”

Amarosa said.

According to garrison command, Amarosa’s leadership, initiative, resourcefulness and positive attitude exhibit strength of body and mind, which have contributed significantly to both USAG-HI’s and IMCOM’s respective missions and visions throughout the most challenging times.

“That’s when we rely on our leadership, that’s when people really rely on you, when things are most difficult,” said Howard Johnston, deputy garrison commander, USAG-HI.

“When things are difficult, people are going to want and expect leadership that is going to carry them through the tough times, and that’s probably the qualifier that brought us this award once again,” Johnston added.

“It speaks to the quality of our workforce, the commitment of our workforce; when you have that many Stalwart Award winners in the same organization within a relatively short period of time, that speaks volumes about the world-class organization we have the privilege to be associated with,” agreed Whitney.

Amarosa serves as a mentor and was asked to share the processes and methodology with Headquarters IMCOM G-9 and other directors, highlighting the value of staffing to standards and aligning services to community needs in a fiscally constrained environment.

“I truly believe the best part of the position in which I serve is being able to truly impact the quality of life for Soldiers and their families, retirees, as well as civilians,” Amarosa said. “It’s extremely rewarding for me to see the smiles on the faces, whether it’s Soldiers saying thank you for this program or children playing in the snow at a Winter Wonderland.”

NEWS Briefs

Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

**Today**

**Change of Responsibility** — Command Sgt. Maj. Michael Crosby, senior enlisted leader, 2nd Stryker Brigade Combat Team, 25th Infantry Division, will relinquish duties to Command Sgt. Maj. Jeffrey Sweezer at a ceremony, 10 a.m., on Schofield’s Weyand Field.

**Paperless LES** — In a memo dated March 14, 2011, the Secretary of Defense mandated the elimination of paper Leave and Earnings Statements (LES) for all DOD employees. If an employee needs to continue receiving a paper LES, a completed “Request for Waiver of Electronic Distribution of Leave and Earnings Statement” form must be submitted.

Once complete, please submit form for processing to the ESS Civ Pay Customer Service mailbox at [esscivpaycustomerservice@dfas.mil](mailto:esscivpaycustomerservice@dfas.mil).

Questions? Call the U.S. Army Financial Management Command at (407) 646-4442.

**February 3 / Monday**

**Jr. Enlisted Taxes** — The Schofield Tax Center will open for single junior enlisted (E-1 to E-4) on a walk-in basis only and begin fielding appointment phone calls at 655-1040. Tax preparation will be open to all service members, retirees and family members by appointment only.

The center is in a new 2014 location: Trailer #1, across the street from the Soldier Support Center (Bldg. 750.)

**11 / Tuesday**

**AFCEA Luncheon** — The Armed Forces Communications and Electronics Association hosts a lunch, 11 a.m., at Fort Shafter’s Hale Ikena. The guest speaker will be MG Darryl Wong, Adjutant General, State of Hawaii, National Guard. The subject will be an update on the Hawaii National Guard and Homeland Security.

To register, visit [www.afcea.hawaii.org](http://www.afcea.hawaii.org) or call 441-8565/8524.

**14 / Friday**

**Final Word** — The Clean Water Program public comment period ends today on the 2013 draft Storm Water Management Plan and the garrison wants to know what you think. To participate in U.S. Army Garrison-Hawaii’s program to improve water quality, visit [www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx](http://www.garrison.hawaii.army.mil/sustainability/CleanWater.aspx) or call 656-3105/3317.



Traffic Alerts report closed roads, limited routes and construction detours from Army and state advisories received by press time.

For the complete list of traffic advisories, visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).

Unless otherwise noted, all phone numbers are 808 area code.

**Today**

**Lyman Road Closure** — An ongoing full road closure of Lyman Road

between Hewitt Street and Carpenter Street for utility installation has been extended until Feb. 12 due to delays in construction. A walkway/jogging path will be maintained along Lyman Road, as possible.

**Power Outage 1** — All of Schofield’s Area X and the following buildings/areas will be without power, 7:30 a.m.-noon:

- Motorcycle Safety Training area;
- All of McCarthy Flats;

- Bldgs. 1150 and all Range Control; 1124 and all Range maintenance; 1123 and all DPW Environmental/Oahu Natural Resource; 1170 (Mars Station), 1181 and all DPTMS Med Simulation Training Center; and 2225 (Air Force Combat Arms Range.)

Call 655-1309.

**25 / Saturday**

**Power Outage 2** — A scheduled power outage, 7 a.m.-3 p.m., will affect all facilities on Trimble Road past

the intersection of Mellichamp Street, Schofield Barracks. Specifically, Ranges 2276, 2253, 2279, bunkers, the new motor pool and water tank 2300.

**27 / Monday**

**North to Mililani** — A right lane closure is scheduled to take place on the H-2 Freeway in the northbound direction between the H-1 Freeway and the Mililani Mauka Off-Ramp (Exit 5A) from 8:30 a.m. to 3 pm., for guardrail repairs.





Capt. Candace Clark, S-1 (administration), WTB, enjoys a "selfie" with Pro Bowler Dexter McCluster of the Kansas City Chiefs at the Tropics, Wednesday, when NFL players joined members of the WTB and Purple Heart recipients from the 25th Infantry Division as part of Pro Bowl week official NFL activities.

## NFL stars come to Schofield, share time with WTB

Story and photos by  
**JACK WIERS**  
U.S. Army Garrison-Hawaii  
Public Affairs

**SCHOFIELD BARRACKS** — The NFL stars came to Schofield, Wednesday, to spend some quality time with Soldiers.

They did not disappoint.

"I'm like a little kid," said Sgt. Asalupe Bird, Warrior Transition Battalion (WTB), Tripler Army Medical Command, who came to the "NFL Play 60 Community Blitz" event at Tropics armed with San Francisco 49ers gear.

Bird said he came away with autographs from nearly every Pro Bowl player at the event, more than two dozen signatures on his official 49ers NFL football and Niners cap.



Photo by Reid Shimabukuru, NFL

**Washington Redskins running back Alfred Morris focuses on his additions to the Wounded Warriors mural.**

"These guys give us the opportunity to hang out," Bird said, "They show us love. I'm loving it."

### Schofield Wounded Warrior Mural Project

Service projects are at the core of the community blitz concept. Pro Bowl players fanned out around the island, Wednesday, with coordinated stops at Schofield, Marine Corps Base Hawaii, Joint Base Pearl Harbor-Hickam and with the Special Olympics.

Players who arrived at the Tropics were met with paintbrushes and boxes. Superstars, including Cowboys wide receiver Dez Bryant, joined Soldiers at one of three work areas where everyone joined in to paint and complete a "Play 60" mural on behalf of the WTB.

Were there any artists among the NFL stars?

"That would be me," said DeSean Jackson, Eagles superstar wide out, modestly. "Studied it (art) in college; it was my major."

The purpose of the exercise, however, was not great art, but an opportunity for casual interaction and quality time with Soldiers.

"We appreciate them," said Bryant, who was under a constant barrage of photograph and autograph requests, taking and enjoying every one from the look on his face.

"We are grateful for what they have done," he said. "The feeling (and admiration) is mutual."

"It's kind of surreal," said Capt. Candace Clark, S-1 (administration), WTB, "but they (Pro Bowl players) are kind and down to earth."

### Leaving Memories

The 75-minute gathering also included players helping box healthy foods — all gathered from local farms and placed in reusable shopping bags for distribution — another initiative of the NFL Play 60 initiative.

The three-panel mural will remain at Tropics, but the memories will belong to the participants.

Clark may have enjoyed the gathering as much as any unit member, as she gathered "selfies" of herself with Eagles quarterback Nick Foles and Chiefs special teams star Dexter McCluster.

"This is one great morale booster to have this type of one-on-one time," Clark said. "Definitely a good day."



NFL Pro Bowl players DeSean Jackson (#10) and LeSean McCoy (#25) from the Philadelphia Eagles and Alex Smith (#11) of the Kansas City Chiefs join members of the WTB at Tropics, Wednesday, as part of Pro Bowl week official NFL activities. This Wounded Warrior mural project was part of the "NFL Play 60 Community Blitz," with Pro Bowl players making appearances at military installations around Oahu.

### NFL's Party in Hawaii

Pro Bowl week continues to build momentum with daily activities that lead up to Sunday's nationally televised game from Aloha Stadium.

### Saturday, Jan. 25

**Pro Bowl Ohana Day** — Free admission, 8:30-11:30 a.m., Aloha Stadium. Final Pro Bowl player practice features autographs and photo opportunities, as well

as entertainment and giveaways.

### NFL/Hawaii Tourism Authority Youth Football & Cheer Clinics

— Register with the YMCA or Boys & Girls Clubs for 10 a.m.-2:45 p.m. clinics at Kapiolani Park, Waikiki.

### Pro Bowl All-Star Block Party

— Held throughout Waikiki along Kalakaua Avenue, 7-10 p.m., with multiple entertainment stages. Free admission.

### Sunday, Jan. 26

### Official Pro Bowl Tailgate Party

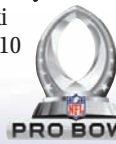
— Held at Richardson Field, across from Aloha Stadium, 11 a.m.-1:30 p.m. For tickets, visit [ticketmaster.com/probowl](http://ticketmaster.com/probowl).

### Pro Bowl Opening Ceremonies

— Aloha Stadium, 1:45 p.m.

### 2014 Pro Bowl

— Aloha Stadium, 2 p.m. For ticket information, call 800-745-3000 or visit [ticketmaster.com](http://ticketmaster.com).



NFL Pro Bowl players join members of the WTB for a group photo with the Wounded Warrior mural.





Briefs

Today

**Aloha Friday Barbecue** — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

**“Sleeping Beauty” Auditions** — SKIES Unlimited hosts auditions for Disney’s “Sleeping Beauty” at the SKIES classroom, 241 Hewitt St. Registration is 6:30 p.m., with readings at 7 p.m., Jan. 24. An audition preparation class will be held Jan. 23 for students registered in the SKIES Theatre class. All participants must be registered with CYSS to participate in the SKIES Theatre program and be a part of the production. Call 655-9818.

25 / Saturday

**The Showoff** — The Schofield competition to promote healthy, well-rounded Soldiers is open to active duty, Reservists or National Guardsmen, with three age groups for both men and women: 18-35, 36-46 and 47-plus. The physical competition, 8 a.m.-3 p.m., Martinez PFC, will determine three finalists from each group to advance to the final round. The interview portion is 4-7 p.m. Tropics will include assessments of interviewing skills, attire, presentation and healthy lifestyles. An awards ceremony will follow. Call 655-4804/5698.

**Pro Bowl Ohana Day** — BOSS Soldiers, sign up at Tropics for a free bus ride to Aloha Stadium for Pro Bowl practice, Saturday morning, time TBD. Space is limited; call 655-1130/5698 to register.

26 / Sunday

**Hale Ikena Sunday Brunch** — FS Mulligan’s Bar & Grill hosts from 10 a.m.-1 p.m. Call 438-1974.

**Pro Bowl Party** — Watch the game on the Tropics’ 16-foot screen with surround sound. Free cover.

27 / Monday

**Workweek Lunch** — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

28 / Tuesday

**Taco Tuesday Night** — SB

FEBRUARY’S SWAMP ROMP



File Photo

**MARINE CORPS BASE HAWAII, Kaneohe Bay** — The Semper Fit program at Marine Corps Community Services (MCCS) will present the 20th annual Swamp Romp, Saturday, Feb. 8, starting at 7 a.m. at the Boondocker Field, here.

The course will take runners through the muddiest swamp-soaked areas of MCBH.

This year participants may register as individuals or as a team. The race is open to the public and includes assorted obstacles. Participants can join in for a morning of running, crawling and swimming through obstacle courses, muddy waters, sandy beaches, tunnels and more.

Registration is open at [www.mccshawaii.com/swamprompt](http://www.mccshawaii.com/swamprompt) until 4 p.m., Wednesday, Feb. 5. Fees are \$140 per team and \$40 for individuals. Late fees will apply beginning Jan. 31 at \$15 per team or \$10 per individual. Registration will not be accepted on race day.

Packet and timing chip pick-up will be Friday, Feb. 7, between 3-6 p.m., at the Swamp Romp Health, Fitness & Wellness Expo at the Semper Fit Center, located aboard MCBH. Packets will not be available for pick-up on race day.

The Health, Fitness & Wellness Expo also will feature an array of exhibit booths offering unique products, services and workshops geared toward healthy living.

Point of Contact

For more information, contact the Semper Fit race coordinator at 254-7590.

Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

**Karaoke Tournament** —Tournament finale is Tuesday night.

29 / Wednesday

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130. Attend these meetings: •North meetings, 2 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone. •South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

**Mad Science** — FS Library hosts, 4-4:30 p.m. Explore the wild world of science with chemical reactions and the wonders of dry ice as Mad Science demonstrates a bottle blast, a crazy bubble shower and creepy, foggy effects. Appropriate for elementary-aged children. Call 438-9521.

**Keiki Night** — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

30 / Thursday

**Leilehua Thursdays** — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

February

1 / Saturday

**Ladies Golf Clinic** — Ladies can experience a free 30-minute golf lesson at Leilehua Golf Course from PGA professionals. Offered the first Saturday of the month by appointment only; call 655-4653.

2 / Sunday

**Tropics Super Bowl Sunday** — Doors open at 11 a.m., with pre-game activities at 12:30 p.m. and an all-you-can-eat buffet, \$18. Call 655-5698.

**Kolekole Bar & Grill** — Watch the big game during a pre-game party at 11 a.m., with games and prizes throughout the day. Raffle for 32-inch television and recliner for Kolekole’s hardest working fan.

4 / Tuesday

**Preschool Story Time** — FS Library hosts, 10 a.m., on Tuesdays, Feb. 4 and 18, with a different story and theme. Call 438-9521.

5 / Wednesday

**Sgt. Yano Library** — SB hosts story time for toddlers, 10 a.m., Feb. 5 and 19. Call 655-4707.

**Make & Take** — FS Library will show how to weave a heart, 3-4 p.m., for Valentine’s Day. Free event includes supplies and no registration. Call 438-9521.

6 / Thursday

**Digital Learning Day** — SB Sgt. Yano Library will host a program, 4-5 p.m., showcasing free digital resources available to registered library users. Open to teens and adults. Call 655-8002.



Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

Today

**Chinese New Year Festival** — Chinatown Cultural Plaza invites the public to this cultural celebration, Jan. 24-25. The free event includes food vendors, arts and crafts booths and entertainment, with ethnic dance troupes, local musical groups and martial arts and weapons demonstrations. Sponsored by the Chinese Chamber of Commerce. Call 533-3181.

**Home Remodeling Show** — The 2014 BIA Home Building and Remodeling Show features home renovation experts, Jan. 24-26, at the Neal Blaisdell Center Exhibition Hall. Admission is \$7.

25 / Saturday

**NFL Pro Bowl Ohana Day** —

Witness Team Sanders and Team Rice in action Saturday morning, time to be determined, at Aloha Stadium. Enjoy fan contests, player interviews and a preview of Pro Bowl game day entertainment.

**Pro Bowl Block Party** — Free Waikiki event along Kalakaua Avenue, 7-10 p.m., features six stages with entertainment, and current and former NFL star appearances.

26 / Sunday

**Free Bishop Museum** — Kick off the museum’s 125th year with free admission for kamaaina and military with valid identification. Regular admission rates will apply to the general public. A special program featuring oli (chant) and hula will take place from 11:30 a.m.-2:15 p.m.

February

1 / Saturday

**Living History Day** — Pacific Aviation Museum offers pioneers and heroes, 9 a.m.-4 p.m. The muse-

um comes alive in both hangars with living historians in period attire. Hear the stories of World War II, the Korea and Vietnam eras and early aviation in the Pacific.

Events are free with museum admission and free to museum members.

Living History Day activities will take place on the Battleship Missouri Memorial, as well.

7 / Friday

**Punahou Carnival** — This annual event, and Hawaii favorite, features a “New York, New York” theme, 11 a.m.-11 p.m., Feb. 7-8, on the Punahou School campus. Local food, rides, games and other carnival favorites featured.

8 / Saturday

**Pet and Fun Run** — Valen-Tails Family 3K Fun Run and Expo, 4:30-9 p.m., at Aloha Stadium, features an untimed run at 7 p.m. through a laser-light obstacle course around the stadium. Cost is \$35 for adults and \$20 for keiki; includes T-shirt. Visit [www.active.com](http://www.active.com) for informa-

tion and online registration.

**Tuskegee Airmen** — Pacific Aviation Museum Pearl Harbor will welcome Tuskegee Airman Philip Baham, Dr. Dorothy Goldsborough and a panel of black history experts, 2-4 p.m., as they discuss the stories and the legacy of the first African-American military aviators. The event is free with regular museum admission and free to museum members.

Ongoing

**DeCA Scholarships** — Applications for the 2014 Scholarships for Military Children Program are available at commissaries or online at [www.militaryscholar.org](http://www.militaryscholar.org). Applications must be turned in to a commissary by close of business Feb. 28. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

**Food for Families** — ASYMCA at WAAF has an emergency food locker to assist families, 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
  - 8:45 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 10:45 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 9 a.m. at WAAF



**This Week at the**  
**MOVIES**  
**Sgt. Smith Theater**  
*Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.*



**Anchorman 2: The Legend Continues**  
(PG-13)  
Fri., Jan. 24, 7 p.m.  
Thurs., Jan. 30, 7 p.m.

Saving Mr. Banks

(PG-13)  
Sat., Jan. 25, 2 p.m.



*Advanced Screening (Free Admission)*  
**Monuments Men**  
(Film Unrated)  
Sat., Jan. 25, 6 p.m.  
(Seating open to non-ticket holders, 5:30 p.m.)

Frozen 3D

(PG)  
Sun., Jan. 26, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



# BAH generates community questions at town hall

**U.S. ARMY GARRISON-HAWAII**  
Public Affairs

During the Jan. 15 town hall, several families who live on base posted questions surrounding the 2014 increase in the basic allowance for housing (BAH) benefit.

The intent of this article is to address some misperceptions surrounding BAH and how it is used by U.S. Army Garrison-Hawaii’s housing partner, Island Palm Communities (IPC).

Most important for residents to understand is that 100 percent of their BAH supports IPC’s property and maintenance operations (including an industry standard fixed fee for management). Operating costs range from garbage and recycling pick-up and light bulbs in homes, to utilities, capital replacement, renovations and construction of new homes and amenities.

Any increases in BAH are reinvested back into the company for future capital replacement, renovations and other community needs identified by IPC and garrison leadership.

The intent of the housing program is to address substandard housing conditions and



Photo courtesy Island Palm Communities

**HELEMANO MILITARY RESERVATION — BAH supports IPC’s property and maintenance operations, to include the construction and renovation of new homes, such as the one pictured above at the HMR community.**

help young military families secure adequate housing today and 40 years from now. Reinvesting increases in BAH will help ensure this

intent.

A few Facebook town hall participants inquired if the increase in BAH would result in

additional amenities, such as playgrounds or more services.

This query is not an easy question to answer, especially since BAH is trying to keep up with the rising costs of doing business. However, IPC is always seeking ways to enhance or provide important services and amenities that can have a positive impact on the well-being of families.

During IPC’s budgeting process, IPC and the garrison command look closely at the areas in most need and prioritize them accordingly.

Ideas or suggestions about how IPC can enhance or improve your neighborhood are welcome, and the command encourages residents to reach out to their IPC property team.

*(Editor’s note: IPC contributed to this article.)*

## Other Questions

Additional inquiries surrounding BAH have been made. Log on to [www.islandpalmcommunities.com/go/BAH](http://www.islandpalmcommunities.com/go/BAH) for more details.



# CDC offers caution to prevent HPV

**SGT. TERENCE ELLIS  
AND ZACHARY MCCORMIC**  
U.S. Army Public Health Command  
ABERDEEN PROVING GROUNDS,  
Md. — The human papillomavirus, or HPV, is the most common sexually transmitted infection, or STI, in the U.S., with an estimated 79 million Americans currently infected and 14 million newly infected persons per year, according to the U.S. Centers for Disease Control and Prevention.

HPV is passed between partners through skin-to-skin contact, and nearly all sexually active people contract HPV at some point in their lives.  
Many times, the infected person does not experience any symptoms of the HPV infection but can continue to transmit the virus to a sexual partner.  
More than 40 types of HPV can affect the genitals, mouth and throat and can lead to genital warts or many types of cancers, including cervical. Additionally, in up to 90 percent of cases, the virus

goes away on its own within two years, according to the CDC. When the virus stays, HPV can cause cells to become abnormal, leading to warts or cancer.  
Until recently, the main ways to prevent HPV infection were condom use and limiting the number of sex partners. Now, with the introduction of the HPV vaccine, a safe, effective method to prevent infections is available.  
**Early Immunization Recommended.** Vaccination is most effective before people become sexually active, so the CDC recommends HPV vaccines for all 11 and 12 year olds. Gardasil (vaccine for males and females; active against four types of HPV) and Cervarix (vaccine for females only; active against two types of HPV) can be administered up to the age of 26. Both vaccines are administered in a three-shot series. The vaccines won't treat an existing HPV infection.  
After the introduction of the vaccine in 2007, studies conducted in Australia and the U.S. all identified a decrease

in genital warts as a result of HPV in both males and females under 25.  
Similar decreases among the Army active duty component, beginning in 2007, were reported in a recent Medical Surveillance Monthly Report, or MSMR.  
While there is no test to determine one's overall HPV status, the PAP test is used to screen for cervical cancer in females beginning at the age of 21. In females over the age of 30, an HPV test can be performed along with the PAP test.  
No HPV test is available at this time for males, nor is there a test to identify HPV in the mouth or throat.  
The MSMR reported 163 new cases of HPV per 10,000 person-years from 2000-2012.

**Talk with your doctor**  
Consult with your primary care provider if you have any concerns about HPV or HPV vaccination, or to begin the vaccine series.

